Toronto metro
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Cristie Vito with her godson Nicholas Lapensee, who suffered a pre-natal brain bleed and needs special care. CONTRIBUTED

Candidate takes a vow of silence

ELECTION 2015

Toronto Tory refuses to talk to the media until votes cast

Luke Simcoe
Metro | Toronto

Joe Daniel doesn't want to talk until after the election.

The Conservative candidate, running in the recreated Toronto riding of Don Valley North, isn't doing interviews until the final ballots are counted on Oct. 19. His unwillingness to speak with the media was first reported by Glen MacGregor of the Ottawa Citizen, who tweeted about it.

Reached by phone, a staffer at Daniel's campaign office confirmed the strategy to Metro.

"That's what he was thinking." the man said.

Under Prime Minister Stephen Harper, the Conservatives have often been cagey with reporters, but Ian Capstick, a former NDP press secretary who now heads Ottawa-based communications firm MediaStyle, said this is a new low.

"It's completely inappropriate behaviour from anyone running for office," he said. "You're responsible for answering questions from constituents, voters and anyone who wants to talk to you, and that includes the media."

Capstick said Daniel's plan was particularly "galling" coming from an incumbent MP.

"It's undemocratic. It's un-Canadian. The guy should just drop out of the race," he said.

With the Conservatives still reeling from revelations made at the trial of Sen. Mike Duffy, Capstick said Daniel's silence isn't doing the party any favours.

Recent polling shows Harper's handling of the Duffy affair has damaged his reputation with swing voters.

"Couple that with 'My local candidate refuses to talk to the media' and suddenly you have voters saying we elected a government to be transparent and accountable, and they're not doing either of those things," Capstick said.

Neither Daniel nor the Conservative Party returned Metro's request for comment.

metro NEWS
Your essential daily news

France rewards American airmen for stopping train attack. **World**

Students learn coding 101 at summer bootcamp

TECH

Need for program is universal, says developer

Gilbert Ngabo
Metro | Toronto

Hellen Xia is about to start a biotechnology and accounting degree at the University of Waterloo. But she's spending her last summer after high school at another form of school.

Every weekend, Xia and over 40 other students aged 13 to 18 spend about 10 hours studying coding at a downtown Toronto program designed specifically for their generation.

"We live in a digital age and I feel like understanding the basics of it is no longer an option. It's becoming more of a necessity," said Xia, following Sunday's training at BrainStation Academy.

"There's a certain mindset that you develop by having the coding skills. I feel like it teaches you how to build patience and learn to solve problems."

Although scheduling is short, students said the training is important to them and can help them shape their ideas about the future.

"I'm really starting to look at websites and see their codes, and try to understand how I can build my own codes," said Manisha Bansal, who's gearing up to start a business degree at York University. "I'd like to get a lot better, and possibly pursue a career in coding and working with website building."

Hellen Xia, left, and Manisha Bansal get instructions from Kevin Hugh at the BrainStation Academy office on King West on Sunday. LIZ BEDDALL/METRO

BrainStation already offers web design and coding programming for adults, but it developed a free summer program for youth to encourage them to get into the world of software development early in their careers. Similar programs are taking place in Waterloo and in Vancouver this summer.

"The idea is to get technological literacy out to a younger generation, and the need for it is absolutely universal," said Kevin Hugh, a Toronto-based software developer who teaches at the weekend program.

"Nowadays it's harder to get anywhere without any degree of coding literacy. We want the students to be able to look at a web page and be able to understand the pieces that came together to make it work."

> **"I feel like (coding) teaches you how to build patience and learn to solve problems.**
> Hellen Xia

IN BRIEF

Nudists hit Wasaga Beach

More than 20 naturists donned their birthday suits at Wasaga Beach on Saturday.

John Cropper, who helped organize the demonstration, says it's been an ongoing struggle to designate a portion of the beach as clothing optional.

"We keep getting the run around by the Ministry of Natural Resources, who have jurisdiction over the beach area, after numerous letters, emails and face-to-face conversations," he said.

Citing "safety in numbers," Cropper said he called upon the GTA Skinnydippers, a Toronto naturist group, to help him make a statement this weekend.

TORSTAR NEWS SERVICE

Human West Nile case confirmed in Toronto

The first human case of West Nile virus in the city this year has been confirmed.

Toronto Public Health received lab confirmation that an adult resident has tested positive for the virus.

TPH is investigating where the virus was acquired, since the resident could have been exposed outside of the city.

The risk of being infected by West Nile is low, although people are reminded to take precautions such as covering up, using repellent and removing water from property where mosquitoes can breed.

TORSTAR NEWS SERVICE

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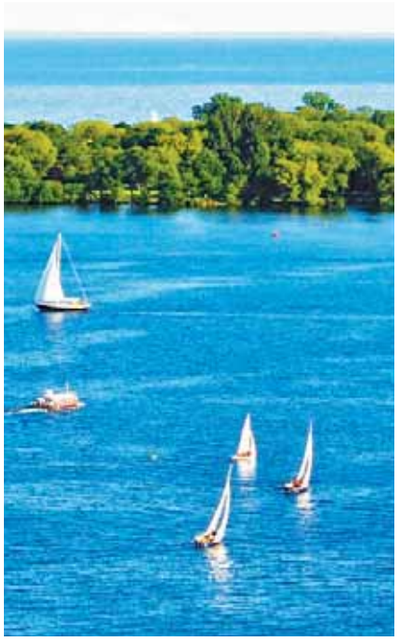
Harbouring Toronto's elegance

The beauty of Toronto is about to go on display along the waterfront. Hundreds of photographs depicting the city from a variety of perspectives will be placed on Queens Quay hydro poles next month. Stretching from Yonge to Bathurst streets, the exhibit — which will be in place until September 2017 — was created by amateur photographers who relish in documenting Toronto's many faces. So, who better to answer the question: What makes Toronto beautiful? **GILBERT NGABO** METRO



TERRY O'NEILL

ANDY BARROW

MELANIE BUCKLE

KATALIN LOVASI

"The views on the waterfront are so beautiful every season. However, summer brings so much culture from all over the world. It's a photographer's dream.

"I guess, for me, the best place to capture Toronto's beauty is right on the harbour.

"There is always something great happening."

"The diversity. The iconic skyline, the fantastic new waterfront developments and the tranquility of the islands are all within easy reach, each providing their own distinct setting.

"My favourite location would probably be the islands. They provide the perfect vantage point to capture the city's waterfront and skyline from a distance, as well as offering their own great photography opportunities."

"The diversity of life in Toronto makes it beautiful and very special. Within a short space, you can be at a bustling market or a crowd at a festival or you can be in a tranquil park that is peaceful and calm.

For me, the best place to capture all of that beauty is down at the waterfront where we experience such amazing wildlife so close to the city and great displays of colour ... A storm rolling in, a rainbow over the water and, of course, amazing sunsets."

"Being a cyclist gives me an advantage to visit places or perhaps even see things that normally don't attract the human eye ... It's all about capturing the moment and translating it into a picture.

"The best place to capture that beauty is everywhere you look. I love Toronto as we have the best of both worlds. It has a grand urban life and yet we are surrounded by an abundance of nature and beauty."

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UNUSUAL DILEMMA

CAR FALLS INTO 20-FOOT HOLE

Toronto firefighters scoured a car overturned in a construction excavation after it left Oakwood Avenue at Vaughan Road crashing through a fence into a construction site. Police are trying to find the driver of the car, which was found at the bottom of a 20-foot hole, early Sunday morning. It's not clear how the car came to be there, say police. The occupants of the vehicle were gone when police arrived — making it impossible to know whether they were injured in the crash.

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Prisoners use hunger strike tactics

CORRECTIONS

Inmates are protesting lockdowns safety, rec time

The Toronto South Detention Centre. TORSTAR NEWS SERVICE FILE

Inmates at the Toronto South Detention Centre refused meals for three days last week to protest routine lockdowns and have threatened to start over if nothing is done about their concerns, according to a corrections union official.

There have been 111 lockdowns since he arrived at the west-end superjail in February, said inmate and strike organizer Jordan Brown in a phone interview last week, before the hunger strike ended Friday: "I think that dogs with the Humane Society have more freedom than we're getting in this jail."

After negotiations with prison staff, the inmates put their hunger strike on hold Friday, said Monte Vieselmeyer, corrections division chairman of the Ontario Public Service Employees Union.

The prisoners also had other concerns, including not having enough TV time and water leaking from the showers making floors dangerously slippery. "They basically stated that if nothing was rectified (this) week, they would return to their hunger strike," Vieselmeyer said.

The number of lockdowns could not be confirmed by the ministry responsible, because the ministry only tracks lockdowns due to staffing shortages, not security reasons, according to a spokesperson.

The total number of lockdowns across Ontario's provincial jails have more than tripled since 2009, rising from 259 then to 900 last year.

Inmates at Toronto South, in particular, have complained about being frequently confined to their 12- by eight-foot cell, without access to showers, yard time or visits from family or lawyers. A lockdown can last a few hours or drag on for days.

Three days into the hunger strike, Brown said he and the other inmates were starting to feel the effect of going days without eating. "I'm feeling fatigued ... I've had no food, just water," Brown said Thursday. "We're willing to go as far as it takes ... Something has to be done."

Since last January, Ontario's ombudsman has received 50 complaints about lockdowns at Toronto South — about three times more than at any other jail in the province.

"I've been in eight other institutions," Brown said. "In terms of lockdowns, this is by far the worst."

Defence lawyer Karen McArthur has represented clients who have spent time in the jail. She said they describe a situation that's unacceptable and inhumane.

"Generally four out of seven days in a week, two men are locked in a cell and they slide your meals through," she said.

"You don't get out to shower, you can't use the phone ... you can't get a change of clothes, you can't exercise ... Nothing."

TORSTAR NEWS SERVICE

CRIME

Police charge man with Internet luring, child porn

Toronto police have charged a 28-year-old Beeton, Ont., man with Internet luring and making child pornography.

Investigators allege the suspect communicated with a 13-year-old girl through social media and engaged in sexually explicit conversations for the purpose of having the girl send him naked pictures of herself.

Officers arrested Anthony Durbano at his home on Friday.

Police allege Durbano communicated through various social media sites as "Durbano87" and say there could be other alleged victims.

They're asking anyone with information to contact them or Crime Stoppers.

THE CANADIAN PRESS

"He's been through a lot of trouble." Toronto's Cristie Vito with godson Nicholas Lapensee.
CONTRIBUTED

Nicholas needs to live in safety

BOWMANVILLE

Godmother raising money for wheelchair access to home

Gilbert Ngabo
Metro | Toronto

Nicholas Lapensee will never enjoy life the way other kids do.

A prenatal brain bleed left Nicholas with a variety of medical conditions that have rendered him unable to walk, speak or see. He has only very minimal use of one hand and depends on a feeding tube for nourishment.

"When he was born, the diagnosis was that he wasn't going to last for a week," said Cristie Vito, the Bowmanville boy's godmother.

Multiple visits to SickKids Hospital helped turn a week into months and then years.

As Nicholas prepares to celebrate his fourth birthday in October, medical experts have concluded his medical problems will never improve. His parents, meanwhile, are left dealing with the expensive reality of having a child who needs a lot of extra support.

Vito, who lives in Toronto, is trying to help.

She's launched a fundraising campaign to help Nicholas' mom and dad renovate their home. Right now, it's not wheelchair accessible, needs an elevator lift and an accessible bathroom.

"We're trying to create a safer environment to care for him," Vito said.

"He's been through a lot of trouble, in and out of hospital, but he is happy," she added. "His smile lights up the room and is so contagious. It makes you forget all your problems."

HOW TO HELP

Call to action

— Cristie Vito's fundraising campaign on Tilt has raised more than $20,000.

— The target is $65,000.

— You can donate by searching "Nicholas" at tilt.com.

METRO

PAN AM

Sculpture plagiarized: Artist

American artist Jim Sanborn is considering his legal options after being shown a newly installed bronze sculpture at Exhibition Place.

The piece is part of a new $560,000 splash pad commissioned by the city as a legacy project of the Pan Am Games.

Beside the fountains sits a bronze sculpture engraved with the names of the sports played at the Games. At night the cylinder illuminates, casting the words onto the surrounding pavement.

"It's quite stunning," Sanborn said on the phone from his vacation in Maine. "It is so blatantly similar. It's quite astounding. In proportion, in concept, at least the concept of having a work that radiates perforated text all the way around it."

"It's something I've done for 23 years and so it's a little hard to stomach seeing that kind of plagiarism."

Since 1992, Maryland-based Sanborn has installed 15 similar pieces, with two more on the way in the next few months, at sites throughout the United States, including A, A at the University of Houston, Lux in Fort Meyers, Fla., and Lingua at the Walter E. Washington Convention Center in Washington, D.C.

Kryptos, perhaps his most famous work, sits outside the Central Intelligence Agency headquarters in Langley, Va.

The piece has spawned a rabid community of fans who have attempted to decode the messages in the text since it was installed in 1990.

It is not clear who designed the sculpture at Exhibition Place.

According to Patrick Michael, who helped build the structure for Toronto-based Cobalt Fabrication Inc., landscape architect Paul Marsala was the designer. A blog post on Urban Toronto also credits Marsala for the piece.

Neither spokespeople for the City of Toronto nor Marsala could be reached for comment immediately.

TORSTAR NEWS SERVICE

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Historic women's shelter at its limit

HOMELESSNESS

In its 50th year, Street Haven dealing with a new Toronto

Jessica Smith Cross
Metro | Toronto

Anne Topp is the executive director of the organization, which she's worked with since 1993. She says the type of women they help has changed over time. JESSICA SMITH CROSS/METRO

Five decades ago, the lives of Toronto's homeless and marginalized women changed with an invitation to tea.

Peggy Ann Walpole opened the doors of Street Haven as a drop-in teahouse for women on what was then Terauley Street (since taken over by the Eaton Centre).

The teahouse was "a friendly place for these women who were looked down on in society," said Anne Topp, the non-profit's executive director.

Soon after, Walpole opened a shelter and residential treatment centre for women, the first such services available to women in the city.

Now, as the agency marks its 50th anniversary, it's facing a much different Toronto — one where, despite 12 shelters catering specifically to women, demand still greatly outweighs supply.

The number of women who need help has never been greater than in the past three years, Topp said.

"This is the first time that, when a woman comes here, we're always full, and I can't call someone to find her a place," Topp said.

The emergency shelter — a big, beautiful brick mansion on Pembrook Street — is full every day.

Bright murals decorate the walls in the living room where a couple of mattresses sit on the floor, reserved for women that staff won't turn away. Outside, women smoke and talk near gardens that have been recently refreshed in preparation for the anniversary celebration.

The women helped by Street Haven have changed over time, Topp said.

When it first opened in the '60s, many of the clients were homeless because they'd been incarcerated and had no support.

A decade later, Ontario began de-institutionalizing mental-health care. In 1979, the Lakeshore Psychiatric Hospital closed its doors, leading to more women with mental-health challenges on the street, many of whom found their way to the shelter.

Later, in the late '80s, the rise of crack and crystal meth changed homelessness again — particularly the way people saw and judged homeless women, Topp said.

The biggest change, though, remains the number of people coming through the doors.

Social services have improved drastically over the last half-century, Topp said. Those improvements haven't kept pace with the city's population boom, however.

One thing that hasn't changed is the thin line between housed and homeless, Topp said.

> **"This is the first time that, when a woman comes here, we're always full."**
> Anne Topp

"Many people are a paycheque from being homeless, but they have support — a mom, dad or sister. Not everyone has support, and that's why they end up here. We need to break the 'us and them' mentality," she said. "Different things happen in our lives; traumas happen; people handle things in different ways."

COURTS

Suit claims assault by Drake's security

Rap superstar Drake is being drawn into another controversy involving violence and Muzik nightclub at Exhibition Place.

Veteran autograph seeker Pedro Sacadura is suing the artist along with Muzik and apparent members of Drake's entourage.

Sacadura alleges the men beat him up outside Drake's official 2014 OVO Fest after-party, cutting his chin and fracturing a leg, and he has video of some of the altercation.

"I felt completely and utterly helpless, like a little boy," said Sacadura, 38, describing the punches he suffered on Aug. 4, 2014.

The allegation against Drake's security detail follows the fatal shooting of Duvel Hibbert, 23, and Ariela Navarro-Fenoy, 26, after this year's OVO Fest after-party at Muzik.

Sacadura is seeking $100,000 in personal-injury damages. The allegations have not been proven in court, and no statement of defence has been filed.

Torstar News Service has been unable to attain comment from Drake, Exhibition Place or Muzik.

According to the statement of claim, Sacadura was behind a barricade outside Muzik's VIP entrance when a member of Drake's security team made derogatory remarks. Sacadura "voiced dissatisfaction" to the man, who "picked up one of the metal separation barriers and forcefully swung it towards Pedro," the court document says. This portion of the alleged assault is not shown on the video.

When Drake emerged from an SUV, Sacadura moved toward the barrier, asking Drake to autograph an album, the lawsuit states.

"The (man) forcefully backhanded Pedro's arm," it says, adding a frustrated Sacadura threw a cardboard album sleeve at him.

The video shows a man holding Sacadura by the shirt. Another man jumps the barricade and delivers two hard punches to the midsection of Sacadura, who does not appear to fight back.

A man then throws Sacadura to the ground, the video shows.

TORSTAR NEWS SERVICE

LABOUR

Teachers receive a raise

Ontario's secondary school teachers are set to receive a raise and there will be no increases to class size limits.

The details of a tentative contract agreement are outlined in a briefing that was given to local union leaders on Friday and obtained by The Canadian Press.

The agreement between the Ontario Secondary School Teachers' Federation, the Public School Boards' Association and the province was reached on Thursday.

The briefing says teachers will get a one-per-cent lump sum payment for the upcoming school year and a one-per-cent raise as of Sept. 1, 2016, with another half-per-cent later on. It also says they will get improved sick leave and benefits, and an additional professional activity day within the current school year.

Education Minister Liz Sandals issued a statement that says she cannot comment on the specific terms of the tentative contract until it is ratified, but the teachers' union says all raises will be paid for through savings found elsewhere in the agreement.

The government has insisted it would not fund any salary increases until it eliminates an $11.9-billion deficit, which is scheduled to happen by 2017-18.

The Ontario English Catholic Teachers' Association resumed contract talks this week after a three-month break, while the Elementary Teachers' Federation is expected to resume negotiations on Sept. 1. Ontario's 130,000 teachers have been without contracts for a full year.

THE CANADIAN PRESS

Ontarians skeptical of Trudeau-Wynne alliance

ELECTION 2015

Premier 'a benefit or baggage?': York professor

Luke Simcoe
Metro | Toronto

Premier Kathleen Wynne has been front and centre in stops on Justin Trudeau's campaign trail. TORSTAR NEWS SERVICE

Justin Trudeau and Kathleen Wynne have become fast friends on the campaign trail, but a new poll shows the pair's increasingly cosy relationship has voters concerned.

Forty-eight per cent of Ontarians disapprove of the premier's choice to jump headfirst into the federal election, according to data from Mainstreet Research.

"Ontario is shaping up to be a key battleground for the coming election in October and the lines have been clearly drawn with Premier Wynne actively campaigning for Justin Trudeau," said Quito Maggi, Mainstreet Research's president.

Wynne's support for Trudeau was never more obvious than last week when she joined him on a Toronto stage and took shots at the other parties.

She labelled Prime Minister Stephen Harper's opposition to a revamped Ontario pension plan "a blatant attack on the people of Ontario" and called the NDP leader Tom Mulcair's platform "unworkable."

The Wynne-Trudeau relationship dates back to the last provincial election, when Trudeau campaigned on Wynne's behalf. The federal Liberal leader also appeared in an unaired TVO documentary about the premier.

For Trudeau, attaching his name to Wynne only makes sense, said York University political scientist Dennis Pilon. The federal liberals need support in Ontario, especially with the NDP surging in Quebec, he said.

But, he's not convinced the friendship will translate into a win on Election Day.

"Is Wynne a benefit or baggage? That's a good question to ask," Pilon said. "People forget that the Liberals won the Ontario election with about 39 per cent of the popular vote. They're not going to push Trudeau over the edge with numbers like that."

Wynne came into office on a high, but her approval rating has dropped to about 30 per cent in recent weeks, following a surprise plan to privatize Hydro One. The premier is also facing the possibility of a teacher's strike that could close schools just as the federal election ramps up in the fall.

Political strategist Ian Capstick said it's not unusual for provincial and federal Liberals to campaign together, but he acknowledged it can be "a double-edged sword."

"Anything the Wynne government does in the next 60 days, Justin Trudeau is going to have to answer for," he said.

The same may not be true for Wynne.

"She's in office and she has a majority," Pilon said. "She's not spending any political capital supporting Trudeau."

SHOOTING

Name of victim released by police

Toronto police have released the name of the man fatally shot in the city's northwest end Wednesday.

Police were called to Rustic Park, near Rustic Road and Maidstone Street in the Jane Street and Highway 400 area at 6:30 p.m. Aug. 19 for reports of a shooting.

Paramedics took an adult male with life-threatening injuries to a trauma centre, where he was subsequently pronounced dead.

According to Toronto Fire, the victim was shot in the back and was bleeding from his back, mouth and ears.

A suspect fled the scene.

The victim was "slightly conscious" when he was loaded into an ambulance, Toronto Fire said.

Police identified the victim Saturday night as Aiwernogheno Osawe, 34.

No further details have been released.

TORSTAR NEWS SERVICE

APPEAL

Suspect sought

Police have not released any suspect details and anyone with information is asked to contact police at (416) 808-7400 or Crime Stoppers anonymously at 416-222-TIPS (8477).

IN BRIEF

Wanted man surrenders

A man wanted by police after the fatal shooting of 27-year-old Kabil Abdulkhadir has surrendered.

Officers say 25-year-old Mohamud Abdiwal Diri arrived at the 23 Division detachment at about 1 a.m.

Investigators say he has been charged with first-degree murder.

THE CANADIAN PRESS

Body of missing man found

Police say the body of a missing swimmer from the Toronto area has been found in Lake Huron. Investigators say the body of 23-year-old Garrett Lewis was pulled from the water near the Saugeen First Nation at about 7:45 a.m. Sunday. THE CANADIAN PRESS

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Busking their way to glory

Over 170 competed. Only 74 will get the chance. It was a clash of Toronto music titans at the CNE over the weekend, as the TTC looked to hire new buskers who will be performing at various subways. A panel of three judges was on hand for evaluation, with each performer playing three pieces of music in seven minutes. Successful candidates get the green light to play at subways from October this year to October 2018. Here's a look at some of those who took centre stage on Sunday.

GILBERT NGABO METRO

PIANO ACCORDION PERFORMER

Lili Ahopelto

A few weeks away from celebrating her 20th birthday, Ahopelto might as well be the youngest TTC busker if she gets the spot. She's played the accordion since age 6, with a particular liking on classical tunes and a range of medleys from across the globe. She recently got her busker's license to play on the streets, and the experience has driven her to try the subways as well. "I love this job. I love the people I meet and talking to them is really exciting," said the student of general performance at the University of Toronto. "This would be a chance for me to play throughout the year, without being stopped by winter."

FLUTE PLAYER

Tom Bissett

Bissett has played the Indian Bansuri since the early 1980s — although he admits never having played any Indian music. He has played on TTC subways since 2001, having an auxiliary licence that allows him to play short intermittent stints. "The subway is a place to play," said Bissett, who is blind, and performed a traditional Vietnamese song as part of his auditioning. "Some places can be quite a hassle, like the long tunnel at Spadina station. But hey, I did a lot of my rehearsing on the street, which actually taught me just to relax and be patient."

JAZZ GUITARIST

Vennie Tu

The big Blue Jays fan studied jazz music at York University, but he plays a little bit of everything from pop to R&B and everything in between. This is his first time auditioning for a TTC busker spot. "Some of my friends did it and they told me it was a good gig, so I thought I'd give it a try," said Tu. "And I do like music so much, so we'll see how it goes."

BALAPHON DRUMMERS

Todd Martin & Stanley White

A balaphon — a wooden xylophone — was a very popular music instrument used to please kings in West African countries. Martin learned to play it while studying music at the University of Ghana. White got the skills from an assistant professor at York University, where he studied music. The duo is hoping to win a spot among the TTC buskers and bring the novelty to subway riders. "I think it would be fun," said White, a drum set and percussion teacher. "I'm sure people would love it and we'd make a little bit of money, but it's mainly just for the fun of it."

GUITARIST

Michelle Rumball

Rumball first fell in love with guitar when she was 16, and she's never lived without one. A TTC busker's licence holder for the past 10 years, she has played at many subway stations. "Every station is different, and all the different sorts of music fit in differently," said the singer/songwriter. She plays her own songs but also does covers for jazz, folk and blue songs. She doesn't like to play in the mornings though. "I play songs that are stories, and I find people in a rush in the morning, not really paying attention," she said.

PHOTOS: LIZ BEDDALL/METRO

Harper defends Novak

ELECTION 2015

Marks the first time PM refers to chief of staff by name

The revelations of the Mike Duffy trial have placed Stephen Harper's two most recent chiefs of staff in a spotlight that has repeatedly outshined the Conservative leader's federal campaign messaging.

On Sunday, the prime minister came down firmly on the side of the current chief of staff — Ray Novak.

And Harper did so by name, for the first time.

As he faced another question about the trial revelations — one that elicited a few noticeable groans from Conservative campaign supporters in Rockland, Ont. — Harper stuck to his core message about the controversial $90,000 repayment of Duffy's expenses.

He again laid the blame at the feet of Duffy, for wrongly claiming the expenses, and of Nigel Wright, his previous chief of staff, for paying them back.

Stephen Harper and wife Laureen donate food with food bank director Michel Castilloux and wife Vivian at the Life Centre in Blackburn Hamlet, Ont., Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Harper prefaced his latest comment, though, with a hint that he's discussed the matter with Novak, one of his most trusted, long-time aides. But he didn't elaborate.

"Mr. Novak has been very clear with me," Harper said Sunday, using his name for the first time after more than a week of questioning by journalists.

Harper emphasized that Wright was the person in charge of his office back in 2013 when all of the Duffy machinations were unfolding, and was therefore the sole staffer responsible for paying back money the senator should have reimbursed himself.

"Instead Mr. Wright did that for him — and I grant he paid back the taxpayers — but he did so without my knowledge, and without my agreement," said Harper.

"And these were his actions, he was boss and he is fully responsible for them."

Harper was kicking off the fourth week of the federal campaign.

Last week, the prime minister's former lawyer Benjamin Perrin testified that Novak — then Harper's principal secretary — was present on two occasions when Wright's payment was discussed. That contradicted assertions from Harper and the Conservative campaign about what Novak knew about the repayment scheme. THE CANADIAN PRESS

TIMELINE

Harper faces one more week of evidence from Duffy's fraud trial, which resumes Monday before it adjourns until November, after the Oct. 19 election.

IN BRIEF

Atwood column disappears, reappears

A newspaper column by Margaret Atwood that poked fun at Stephen Harper's hair disappeared for several hours from the National Post website Friday, raising the ire of the Twitterverse and prompting the award-winning author to wonder if she had been censored.

Atwood's piece was back on the newspaper's main page late Friday after being taken down mid-afternoon.

Post officials said it was held for fact-checking.

The column poked fun at Harper, using as an entry point the Conservative attack ads that take aim at Justin Trudeau with the phrase, "Nice hair, Justin."

After it was removed from the site, Atwood tweeted the paper asking if she had been censored for what she called a "flighty little caper on hair," drawing hundreds of retweets and responses.

The hashtag #hairgate began trending nationally as users questioned the newspaper's intent. THE CANADIAN PRESS

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Train heroes to receive the Legion of Honour

BRAVERY

Military training credited with saving lives

Three American travellers say they relied on gut instinct and a close bond forged over years of friendship as they took down a heavily armed man on a passenger train speeding through Belgium.

U.S. Airman Spencer Stone, recounting for the first time on Sunday how a likely catastrophe was averted two days earlier, said the gunman, an assault rifle strapped to his bare chest, seemed like he was "ready to fight to the end." But he added, "So were we."

Without a note of bravado but a huge dose of humility, the three described Friday's drama on an Amsterdam-to-Paris fast train.

Jane D. Hartley, U.S. Ambassador to France, left, acknowledges, from second left, U.S. Airman Spencer Stone, Anthony Sadler, a senior at Sacramento University in California, and U.S. National Guardsman Alek Skarlatos at the end of a news conference held at the U.S. Ambassador's residence in Paris, Sunday. FRANCOIS MORI/THE ASSOCIATED PRESS

His arm in a sling, Stone, 23, said he was coming out of a deep sleep when the gunman appeared.

One of his friends, Alek Skarlatos, a 22-year-old National Guardsman recently back from Afghanistan, "just hit me on the shoulder and said 'Let's go.'"

French President Francois Hollande and a bevy of officials are presenting the Americans with the prestigious Legion of Honour on Monday. A French citizen who first came across the gunman near a train bathroom and a British man who joined to help tie up the assailant also are being honoured with the award, according to the president's office.

> **We just kind of acted. There wasn't much thinking going on.**
> Airman Spencer Stone

The gunman, identified as 26-year-old Moroccan Ayoub El-Khazzani, is detained and being questioned by French counterterrorism police outside Paris. French and Spanish authorities say El-Khazzani is an Islamic extremist who may have spent time in Syria. El-Khazzani's lawyer said on Sunday that he was homeless and trying to rob passengers on the train to feed himself.

THE ASSOCIATED PRESS

DIPLOMACY

U.K., Iran restore relations

Britain reopened its embassy in Tehran Sunday in a sign of newly thawed relations in the wake of a landmark nuclear deal between Iran and world powers.

British Foreign Secretary Philip Hammond attended the reopening ceremony and witnessed the raising of the Union flag over the compound. The embassy has been closed since November 2011, when it was stormed by demonstrators protesting the imposition of international sanctions against the Islamic Republic.

"Maintaining dialogue even under the most difficult conditions is crucially important," Hammond said during a joint press conference with Iranian Foreign Minister Mohammad Javad Zarif. "So reopening the embassy in Tehran and the Iranian embassy in London is not just an important symbol. It's an important practical channel for being able to engage on the very many issues that are of concern and the very many issues that we have shared interests."

THE ASSOCIATED PRESS

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UNITED STATES

Market plummets, hits four-year low

Growing concerns about a slowdown in China shook markets around the world last week, driving the U.S. stock market to its biggest drop in nearly four years.

The rout started in Asia and quickly spread to Europe, battering major markets in Germany and France. In the U.S., the selling started early and never let up. Investors ditched beaten-down oil companies, as well as Netflix, Apple and other technology darlings. Oil plunged below $40 for the first time since the financial crisis, and government bonds rallied as investors raced into hiding spots.

> **There doesn't seem to be any signal that the weakness abroad is slipping into the U.S. economy.**
> Jeremy Zirin, UBS Wealth Management

"Investors are wondering if growth isn't coming from the U.S. or China, where is it going to come from?" said Tim Courtney, chief investment officer of Exencial Wealth Advisors. "This is about growth."

Markets began falling last week after China announced a surprise devaluation of its currency, the yuan. Investors have interpreted China's move as a sign that flagging growth in world's second-largest economy could be worse than government reports suggest. On Friday, they got more bad news: A private survey showed another drop in manufacturing on the mainland.

Traders have been worried about slowing growth in China and its potential impact on the U.S.

Those worries are valid, said Jeremy Zirin, head of investment strategy at UBS Wealth Management.

"But there doesn't seem to be any signal that the weakness abroad is slipping into the U.S. economy," he said.

By the time it was over, the Dow Jones industrial average fell 530.94 points to 16,459.75, and the Nasdaq slid 171.45 points to 4,706.04. Meanwhile, gold gained $6.40 to settle at $1,159.60 an ounce.

THE ASSOCIATED PRESS

IN BRIEF

Consumer price index up 1.3 per cent from a year ago, says Statistics Canada

The increased cost of filling a grocery cart over the past year was more than enough to offset a drop in the price of putting gas in the car, according to the latest inflation report from Statistics Canada.

The agency said Friday the consumer price index in July was up 1.3 per cent from a year ago, compared with an increase of 1.0 per cent in June.

TD Bank economist Brian DePratto said July was the third straight month of rising inflation amid increasing food prices and lower gasoline prices. THE CANADIAN PRESS

Breweries at odds over 'Queen of Beer' tagline

Budweiser has long been known as the "King of Beers," and Anheuser-Busch is taking exception to a craft brewer declaring itself holder of the "Queen of Beer" crown.

She Beverage Co. of Lancaster, California, applied in December to register "The Queen of Beer" phrase with the U.S. Patent and Trademark Office, the St. Louis Post-Dispatch reported.

Anheuser-Busch filed a notice of opposition Wednesday, arguing "Queen of Beer" is too similar to "King of Beers" and people may wrongly believe She Beverage beers are made by the company. THE ASSOCIATED PRESS

An oil train travels along the Columbia River in Syncline, Wash. Environmental organizations cite the Lac-Mégantic disaster in 2013 as an example of their concerns surrounding the expansion of crude transportation along the west coast.
THE CANADIAN PRESS FILE

Groups take aim at crude-by-rail plans

ENERGY

Projects touted to lower foreign reliance by 30%

To crude producers hankering for a route to market while pipeline proposals stall, a bevy of crude-by-rail projects planned on the U.S. west coast may look enticing. But efforts to connect trainloads of crude to refineries and marine terminals in Washington, Oregon and California aren't having an easy time either.

Big environmental organizations and small community groups have been teaming up to fight rail projects in various stages of development in the region. Among the concerns is the prospect of more Alberta bitumen, derided as "dirty" in some quarters, coming to the area by rail.

"We're as much of a green enclave as you're going to get in North America," said Matt Krogh, a ForestEthics campaigner based in Washington state.

Some of the concerns centre on local safety. The Lac-Mégantic disaster two years ago, in which a crude-laden train exploded and killed 47 people, is still fresh in many minds.

But the larger implications of enabling more fossil fuel development and what that means for climate change is also playing a role in the debate.

The broad issue of shipping resources from the U.S. west coast — whether that be coal, oil or liquefied natural gas — raises an "identity question," said Eric de Place, with the Seattle-based think-tank Sightline Institute.

"There's a lot of anxiety about that," he said.

A focal point of campaigns has been a $210-million project pitched by Tesoro Refining and Marketing LLC and Savage Energy for Vancouver, Wash.

The Tesoro-Savage project, dubbed Vancouver Energy, is the largest on the table, with a planned capacity of up to 360,000 barrels a day. That alone is more than 40 per cent of the proposed Keystone XL pipeline, which has been waiting for U.S. regulatory approval for nearly seven years.

The idea is to bring in North American crude by train and then send it by ship to refineries along the west coast, which have been relying on overseas imports to meet half their needs as production in Alaska and California declines. Vancouver Energy says the project would reduce the west coast's reliance on foreign crude by 30 per cent.

Brett VandenHeuvel, executive director of Columbia Riverkeeper, said he's hopeful crude trainloads can be stopped.

"If you asked me a year ago, I might have had a different answer but there's been unprecedented opposition to it," he said. "It's not just conservation groups. It's pretty diverse and broad scale concerns about these projects." THE CANADIAN PRESS

> **There's some real cognitive dissonance around allowing the expansion of a dirty and polluting industry in your backyard.**
> Matt Krogh, ForestEthics campaigner

Sarah Stuive checks for bugs at Bedrocan's facility in Toronto.
DARREN CALABRESE/THE CANADIAN PRESS

MEDICAL MARIJUANA

Demand on the rise for bio pest control

When Sarah Stuive first got into the natural pest control business — which uses predatory insects, or "good bugs," to weed out pests — she never expected to be working with cannabis plants.

But thanks to Health Canada regulations that limit the use of chemical pesticides on medical marijuana to ensure their safety, the biological control specialist said she's seeing an uptick in business.

"I have seen a lot of growth in demand since the start of the cannabis industry," said Stuive, who works for Global Horticultural and also provides her services to vegetable farmers and plant growers.

Although certain chemical pesticides are permitted on medical cannabis — Health Canada currently has a list of seven approved for use — producers prefer to avoid chemicals, which can leave residue on the plants.

"Specifically in this industry, it's very important not to apply chemicals topically, because when you burn the plant for the medicinal compounds, any residual product that's left on the leaves as a resin, you'll also be burning that and inhaling it," said Emily Moeller, the grow and production manager at Bedrocan Cannabis Corp.

Biological pest control can be costlier than using chemicals, said Moeller, but in the long run producers could end up saving money: "You won't have to throw entire crops out because they're contaminated," she said. THE CANADIAN PRESS

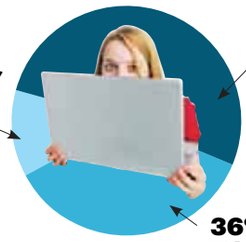
metro VIEWS

Is murder human nature? Archeologists say 7,000 years ago, Stone Age humans in Europe massacred 26 people, smashing their shins and dumping them in a mass grave.

POLL: Is it fair to expose affairs?

A massive hack of the dating website Ashley Madison, which caters to married people, released millions of members' phone numbers, email addresses and credit-card numbers last week — some fake, but many genuine as well. Some see this as cosmic justice, while others worry about breach of privacy, particularly for people cheating with the green light from their partners and those who joined the site just for a laugh. We asked our readers what would happen if their online lives were exposed for all to see.

How much trouble would you be in if all your online activities (your surfing history, what you buy, what you watch, everything) were made public?



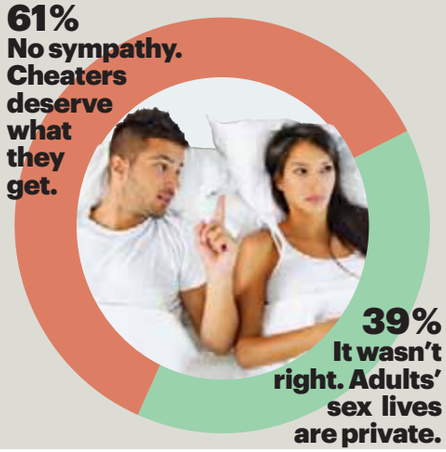
12% I would risk my relationship with my spouse, friends, family or employer

52% I'd have some explaining to do, but I'd live

36% I'd be fine

Answer our poll every Friday at metronews.ca

How do you feel about the release of Ashley Madison users' personal data?



61% No sympathy. Cheaters deserve what they get.

39% It wasn't right. Adults' sex lives are private.

How careful are you with your private information online?

67% I'm fairly careful and change my passwords often
13% I'm extremely careful; I'd encrypt everything if I could
13% I'm lazy & hope for the best
7% I never think about it

We're always waiting for a sign from the city

TORY'S TORONTO

Matt Elliott

Earlier this summer, my east-side Toronto neighbourhood was worked into a tizzy over the closure of our local park, the very nice Corktown Common, for the duration of the Pan Am Games.

Some people argued that public closure of the park was always part of the plan for the Games. Others argued that while, sure, that might be true, they hadn't heard about the plan and so felt shortchanged by the closure.

In the midst of all this, I was left thinking about how most of the uproar wouldn't have happened if only someone had put up a damn sign.

Seriously, spending a few bucks on poster board would have made a world of difference. There should have been a sign up in the park since the day it opened in 2013, letting visitors know about the planned 2015 closure and explaining the plan.

Once people saw that sign, it would have opened up their eyes.

But instead, a sign didn't go up until just a few weeks before the closure. By then, it was too late.

I can't pretend to be surprised. Whether it's park closures, wayfinding or construction notices, Toronto tends to be pretty bad at signage.

There are examples of confusing or missing signage everywhere in this city. Toronto's sidewalk info pillars have generally been better at advertising shoes than at helping tourists find their way around. And because the TTC's signs are either non-existent or hard to understand, I routinely see homemade ones created by helpful residents posted in bus shelters, letting riders know about route changes.

And, of course, it's still common to find construction workers tearing up a sidewalk for no posted reason.

It wouldn't be hard to get better. There's a science behind effective signage and lots of professionals out there who could help the city build a sign strategy.

In at least one area, the city has made some progress.

After a push led by local activist Dave Meslin, Toronto is working to revamp its development-proposal signs. Once the final design is approved next year, those clunky wall-of-text signs that attempt to inform people about condo plans should be replaced with simple ones that are easy to understand.

It wouldn't be hard to get better. There's a science behind effective signage.

It's something that all city departments need to take to heart. Ideally, any planned road, pathway or park closure would be communicated with signage at least six weeks beforehand. And every construction site should have signage using simple words and multiple languages.

But to get there, leaders at city hall need to make it clear that they see effective signage as a real priority. And so far, I haven't seen much sign of that.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metroview

Someone threw a rock at my head because they thought I was gay

Tim Querengesser
Metro | Edmonton

The rock was the size of an apple. I heard it fly past my ear as I meditated.

When it landed with a crack, a woman near me in the park screamed. A girl, no older than three, playing about 10 feet from where the rock came to rest, just stared, confused.

I looked behind me, and there, across the street, holding another rock in his right hand, was a guy suggesting he was going to throw again.

I called the police.

Now, let me back up.

Five minutes earlier, I had never met this guy. I was sitting on a park bench when he approached.

"You know, you f-gs can't take over this park," he said.

"I don't know what you're talking about," I said, startled.

He walked away, muttering things about "f-gs." But, believing he was gone, I resumed meditating.

Then, the rock.

When the police arrived, they fruitlessly looked for the guy, who had disappeared into the city's back alleys.

I wrote a report. But when the cop — professional, courteous, helpful — and I discussed it, the conversation became awkward.

"I hate to ask you this, but: are you gay?"

Most of me wanted to rage at the question.

"No," I said.

"Well, if you were, I'd be investigating the guy for a hate crime."

I nearly lost it, but said nothing.

A man had targeted me, believing I was gay. Had the big, heavy rock connected, my brain would have been damaged.

Because I'm not gay, however, to the cop this man wasn't a potential hate criminal but just an annoying hooligan.

The definition of a hate crime varies across the world and also across Canada. A report from the Department of Justice notes each of our police departments works with different concepts of what a hate crime is and is not. Most victims of violent hate crimes, it notes, are ethnic minorities.

Concerning, that. More concerning, though, is how the cop's suggestion that I needed to be gay for there to be a crime made me self-censor.

The justice report notes most victims of hate crimes are "not comfortable approaching the police."

I felt no discomfort with approaching the police — unfortunately, that's the privilege that comes with being white, male and straight. And yet, I had bitten my tongue, not having the energy to explain why his logic was flawed.

Another hate crime went unpunished. One can only imagine how victimizing that police indifference or ignorance would have been for someone who was targeted for who they really are.

Rosemary Westwood will return next week.

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Play safe: Volleyball is the sport with the fewest injuries, researchers say

If your kid takes a hit, reach for concussion handbook

CHILDREN'S HEALTH

Specialist creates guide to symptoms and recovery

At the tender age of 17, Warren McNeil considers himself a concussion veteran. He's sustained six brain injuries playing hockey and lacrosse, one of which knocked him out cold.

For five of those concussions, the Toronto teen was able to return to school and sports after a week or two of resting in a dark room to avoid overtaxing his healing brain.

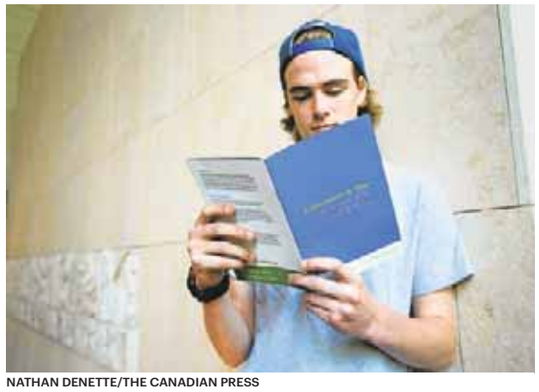
But the last one in October — the result of being been hit from behind while playing hockey and falling head-first into the boards — was different.

Though the blow hadn't knocked him unconscious (unlike the previous one in which he got nailed in the head by a lacrosse ball while playing goal) this one seemed to "really hit me hard."

A week after the concussion, McNeil started to feel better and figured his recovery would mimic his previous five.

"And I went on a bike ride with a friend on the Saturday, and Sunday morning I woke up and I felt like I'd been hit by a bus," he said.

"And you don't know what to do, because I'd never had that happen before," said McNeil, who for weeks continued to experience myriad symptoms that kept him out of school and away from his usual activities: starred and blurred vision, nausea, headaches, dizziness, anxiety and depression and "horrible" concentration.



NATHAN DENETTE/THE CANADIAN PRESS

It wasn't until he and his parents attended a concussion information session at Holland-Bloorview Kids Rehabilitation Hospital that the high school student learned why he was having so many difficulties and, more importantly, what he could do to help himself recover.

The educational tools that concussion specialists provided for McNeil are now available in a free handbook that can be downloaded at hollandbloorview.ca/concussionhandbook.

"It makes concussion education accessible and digestible for kids and families," said Nick Reed, an occupational therapist and researcher at Holland-Bloorview who specializes in concussion.

The handbook not only helps parents identify when their child may have suffered a concussion and what that injury does to the brain, but it also sets out strategies for speeding up recovery and avoiding setbacks.

"I relate it to a gas-tank analogy," Reed said Wednesday during the launch of Concussion and You: A Handbook for Parents and Kids.

"Everything we do in our life uses fuel, and our brain is that gas tank. When you have concussion, a lot of that fuel is going to healing that injury, so we don't have a lot in the tank.

"If we do too much and we're not smart about the activities we engage in," he said, "that fuel's going to run out very quickly," leading to a prolonged recovery period that for some can go on for many months.

The handbook provides tips on conserving energy, how to get good-quality sleep and proper nutrition, and relaxation exercises to protect the brain and to promote healing.

Logs for recording daily activities and their effects on symptoms are meant to help children with a concussion make and achieve reasonable goals that will help them return to school and their regular physical pursuits.

"We know that the pediatric brain does not respond the same way as the adult brain, and their lives are very, very different," said Reed.

"Also, we want to make sure that everyone involved in a young person's life — whether it be a coach, a teacher, a parent, a friend or a medical professional — are all on the same page.

"And we're hoping this concussion handbook can really help lead the way there."

McNeil, who has given up contact sports because of an increased risk of suffering an even more serious concussion, said he's almost fully recovered. But 10 months later, he still has times when he feels a bit "wonky."

"I think having this book in particular — that day when I wanted to go on a bike ride, knowing how far to push myself or having more information about it when I woke up that Sunday morning — would have been so comforting," he said.

"I really do think it's going to help a lot of people. The more you know about it, the better you can deal with it."

THE CANADIAN PRESS

"I think having this book in particular when I woke up that Sunday morning would have been so comforting.

Warren McNeil, concussion veteran at age 17

ON SAME PAGE

Book helps parents to take an active role, director says

Jennifer Smith, president of the 1,400-member Toronto Leaside Girls' Hockey Association and a director with the Canadian Women's Hockey League, said the handbook will be an invaluable educational tool for players, parents and coaches.

As a parent of a daughter who sustained two concussions playing hockey, Smith said it's critical that parents and coaches can recognize the signs of concussion and know how children with the injury should be cared for.

"It's terrifying when your child is injured or sick and you don't know what to do," she said. "Just having a little bit of knowledge is such a comfort to parents, (knowing) that they can take an active and proactive role in their child's recovery."

Online luring no joke: Experts

INTERNET

Prankster says he wants parents and teens to talk

YouTube star Coby Persin wanted to show parents how easy it is to lure their daughters by pretending to be someone else online. SCREENGRAB

A YouTube prankster has become an unlikely spokesperson for teen online safety.

Coby Persin, whose YouTube channel is known for prank videos with a touch of social commentary, tricked teenage girls he met online to meet him in person.

"What we found is something shocking and something everyone should see," Persin says in the video, which has been viewed more than 33 million times.

Persin said he posted an ad on Craigslist looking for parents willing to participate in his social experiment. With parental permission, he chatted with six different girls, but only three agreed to meet with him in real life. According to digital literacy organization Media Smarts, online predators are a rare but real threat.

But the organization cautions against scaremongering, and emphasizes that predators who "trick" kids are far less common than more flagrant pedophiles.

"Research shows they rarely lie about their age or their motives. Their tactic is not one of deception but of seduction: they will shower a youth with attention, sympathy, affection and kindness, in order to persuade him or her that they love and understand them," the organization cautions on their website.

A spokesperson for the RCMP would not comment directly on the video, but said Internet-related child exploitation is a big concern and parents should be aware of their children's online activity.

"Parents should talk with their children and be involved in every aspect of a child's use of the Internet," said Harold Pfleiderer, a spokesperson for the RCMP, in a written statement.

In about 55 per cent of child-luring cases, the accused was a stranger, according to Stats-Can data.

6%

About six per cent of all cybercrime reported to the police involved Internet child luring, or just about 86 cases, according to 2012 Statistics Canada data.
TORSTAR MEDIA

Posing as a teen, Persin chatted with teenage girls he friended online, before suggesting they meet in person. In the video, three girls between the ages of 12 to 14 agreed to meet with him in person, only to be surprised by their furious parents. In one instance, a girl invites Persin over when her parents are out — but is greeted instead by her enraged father.

"What's the matter with you?!" he demands.

Persin, whose other videos include him posing as a homeless man, says he was inspired by news accounts of teens being lured by predators.

He hopes his videos teach parents to talk to kids about Internet safety. "Don't talk to strangers online," he said.

"Everyone's on social media but there's a lot of dangers."
TORSTAR NEWS SERVICE

SCHOOL

Suck at math? Research says parents' attitude may be to blame

Raquel Laneri
Metro in New York

Anyone can be good at math — as long as parents don't get in the way.

According to new research published in Psychology Science, it turns out that "math-anxious" adults could be preventing their kid from being the next Pythagoras.

Ugh, Mom and Dad really do ruin everything.

The study, conducted by a team at the University of Chicago, observed 438 first- and second-graders and their parents, assessing them on both their math ability and their math anxiety at the beginning and end of the school year.

While the parents did show to have an effect on their kids' performance, math aptitude doesn't appear to be genetic.

Math-anxious parents only negatively affected their kids' achievements when they helped them regularly with homework.

"We often don't think about how important parents' own attitudes are in determining their children's academic achievement," researcher Sian Beilock said in a release.

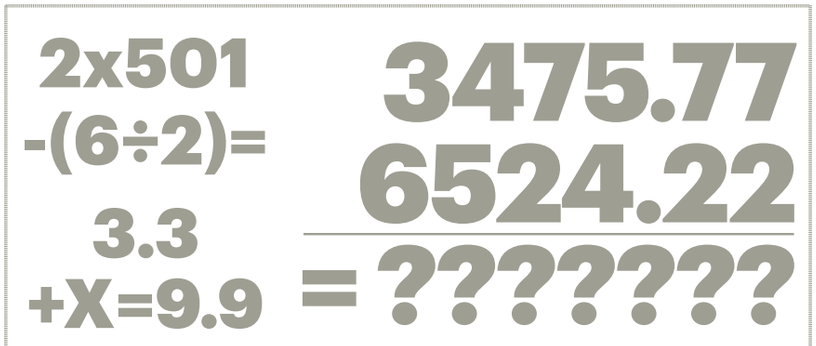
"But our work suggests that if a parent is walking around saying, 'Oh, I don't like math' or 'This stuff makes me nervous,' kids pick up on this messaging and it affects their success."

But what if a kid really does need help outside the classroom?

"We can't just tell parents, especially those who are anxious about math, 'Get involved,'" lead study author Erin A. Maloney said in a statement.

"We need to develop better tools to teach parents how to most effectively help their children with math."

The study authors say that math books, computer and board games or Internet apps could help "allow parents to interact with their children around math in positive ways."



Math aptitude doesn't appear to be genetic. But if parents believe that numbers are beyond them, their kids will pick up on this, a new study says.

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The true cost of driving to work

VEHICLES

Each click you commute will likely cost you $540 year

Kyle Prevost
youngandthrifty.ca

With house prices continuing to skyrocket across Canada, it seems like the only financially feasible path available to homebuyers is to consider a fairly substantial commute to their downtown places of work.

While owning a great house in the suburbs appears to be the ideal for many Canadians, the accompanying commute often leaves something to be desired.

While the fact that Canada's 15 million-plus commuters would prefer a shorter drive to work isn't exactly a headline-grabbing revelation, I think that most of us actually underestimate the true overall cost of driving to work every day.

The Canadian Automobile Association (CAA) claims that it costs about $0.54 per kilometre for the average person to drive a midsize car in Ontario.

For comparison purposes, a pickup truck clocks in at $0.70 per kilometre, and a compact commuter car runs about $0.46 per kilometre.

When most people think about a prospective commute they fail to take into account the increased wear and tear on their vehicle, as well as the increased maintenance schedule that is required.

Statistics Canada measured commuting back in 2011 and discovered that Canadian commuters spent an average of 25.4 minutes travelling to work.

This was very similar to the average found in the U.S.

With more and more Canadians having to look further away from downtown cores in order to afford housing, I think it's safe to say that this figure has not gone down over the past few years.

If you want to quantify your commute into the simplest terms, think about the fact the most people work around 240 days a year.

For every kilometre that you live away from your work, you will drive that distance twice a day, for 240 days — costing about $1 per day if you drive a small car.

I'm not sure what worth you place on your time (a valuable resource if you think about it), but if each kilometre takes about 1.5 minutes to drive, that's three minutes of your life every day for each kilometre you live away from work — or 720 minutes (12 hours) every year.

If your time is worth $25 an hour to you, that's another $300 annually per kilometre.

Overall, each kilometre you have to commute to your job will likely cost around $540 annually.

If the average commute is about 17 kilometres in Canada, that means that most Canadians that drive to their place of work are sacrificing roughly $7,540 each year.

If that much money was invested in your TFSA annually, and grew at an average rate of 8 per cent, you'd have more than $900,000 in 30 years' time.

Alternatively, you could afford roughly $100,000 more of house (assuming a 25-year mortgage with an average interest rate of 6 per cent) if you took that $7,540 every year and applied it to mortgage payments instead of commuting costs.

$ IN BRIEF

- There are more costs to driving a vehicle than the purchase price and gas.
- How much do you value your time and sanity when it comes to spending time in traffic?
- Sometimes you're no further ahead financially if saving money on a house means a long commute every day.

HIGHER EDUCATION

Half of post-secondary students are worried about debt: Poll

Worry over tuition and living expenses is dogging almost half of post-secondary students as they head back to school.

They're also afraid they won't be able to pay back debt once they graduate because they're concerned about finding a well-paying job, a poll issued by CIBC shows.

But experts say learning to keep finances in check is a lesson that will go far in helping students manage their money so they don't graduate owing a huge amount.

The online poll, conducted among 992 randomly chosen post-secondary students who are Angus Reid Forum panellists, took place from July 27 to 29.

The poll shows 48 per cent of students are most worried about covering tuition and living expenses for the upcoming school year as well as repaying school-related debt, of which 36 per cent expect to be $25,000 or more when they graduate. Some 37 per cent of post-secondary students say finding a job that pays well after graduation is a top concern.

More than a third of students expect to owe $25,000 or more on graduation. ISTOCK

The poll also finds that students, most of whom expect to spend $10,000 to $30,000 a year for schooling (tuition and books) and personal expenses, (rent and entertainment), anticipate a lot less help this year from parents. They expect their parents will cover 22 per cent of tuition and school costs, down from 33 per cent in a similar poll last year.

About 34 per cent say they will support themselves with jobs. Five per cent of respondents were concerned about finding and keeping part-time employment.

As many as 37 per cent of post-secondary students say they don't know if they'll be able to manage their finances after they finish school, with about one-fifth not expecting to be able to support themselves financially.

"Having a clear picture of your expenses today, as well as what your debt payments will look like when the time comes to pay back your loan, will help you feel ready for the future," says Christina Kramer, executive vice-president of retail and business banking at CIBC.

Sit down with parents or a financial adviser and consider costs involved in a post-secondary education. Create a plan that outlines how much the student will cover (including from loans, scholarships and bursaries and part-time jobs) and how much the parents will contribute (including from registered education savings plans or other savings).

Many financial institutions offer mobile apps so you can keep track of account transactions and balances.

THE CANADIAN PRESS

Take this Jobs and deal like a boss

COMMUNICATION

How to handle a demanding leader's work expectations

OFFICE RELATIONS

Eleni Deacon

Apple founder Steve Jobs was known for his mercurial leadership style as much as for his company's achievements. CONTRIBUTED

Visionary but reactionary. Inspiring but narcissistic. Not that much fun. In the just-released documentary Steve Jobs: The Man in the Machine, director Alex Gibney appears to reinforce darker characterizations of Apple's headstrong founder: the big-time CEO with an ego bigger than a 1980s desktop computer.

Jobs' bulldozer leadership style is often credited as an integral factor to his company's exceptional success. But while his purported intensity (and eccentricity) helped make him revered, it didn't make him easy to work for.

Jobs' difficult-but-brilliant reputation speaks to a common professional tension: the difference between leadership and management. Leaders, the thinking goes, energize their staff, guiding their employees and companies to extraordinary places. Managers, meanwhile, fixate on the humdrum minutiae of office life.

But while change-the-world leadership might be motivating, it can also be frustrating. How do you navigate a boss so focused on the big picture they don't ascertain the complications and pressures in your day-to-day?

To bring blue-sky bosses down to earth, practise tactful but upfront communication. Just got slammed with an unfeasible project? Don't simply complain that there's not enough time. Instead, outline the items currently in your to-do pile, and articulate how new ventures might affect your current responsibilities. Rather than expecting your boss to understand what you're doing, take it upon yourself to keep them informed.

> **When your superior has no interest in managing, manage up.**

When your superior has no interest in managing, manage up. This doesn't mean telling your boss what to do. It means identifying gaps in their knowledge and providing them with the intel necessary to lead effectively. It's possible to respect your boss's leadership while struggling to get a footing amid their flimsy management. In that case, building a supportive, informative relationship will provide you with leverage when their ideas or demands get unrealistic.

Steve Jobs may not have been the most reasonable personnel manager, but he didn't ignore details. He had a hand in every aspect of how Apple's products were conceived, built and sold, and was known to obsess over seemingly insignificant points. According to one former colleague, he spent 30 minutes trying to choose a shade of grey for the Apple stores' bathroom signs.

So while Apple's growth is often attributed to his larger-than-life leadership, smaller-scale concerns still played a key role. Leadership and management may not be the same thing — but they're also not mutually exclusive. Big achievements need a balance of both.

TIME MANAGEMENT

Doing less to be more productive in the office

Who isn't busy? Between constantly responding to emails, attending multiple meetings a day, and taking care of familial and social obligations, it's a wonder we get anything done.

And often we don't! Or, well, we get a ton of small, inconsequential stuff out of the way, but when it comes to the projects and goals that really matter, we hardly make a dent.

"Focusing on time management and productivity is actually making our problems worse," says business psychologist Tony Crabbe, author of Busy: How to Thrive in a World of Too Much.

"But all that that does is make people busier, less effective and, quite frankly, less happy."

Crabbe points to a study that found we consume six times more information than we did in 1986 — but that we produce an astonishing 200 times more. "So you think, 'Wait a minute. I'm producing 200 times more, and everyone else is consuming six times more.' That's just a ton of white noise nobody is paying attention to," he says.

His solution? Stop doing so much! But, how can we cut back on our workload without, well, getting fired? Crabbe gives us some guidance.

Surf your workload

Many of us organize every aspect of our day so we can squeeze in as much work as possible.

"People think, if they can get in control of their time, things will be OK, but that's unhelpful," says Crabbe. Instead, think of a surfer.

"The surfer doesn't try to control the sea — or catch every wave," he says. "Surfers succeed by choosing the right waves, taking risks and completely immersing themselves in the moment. They master the wave."

So instead of trying to get everything done, pick the most important things and give those your all. Even if that means sacrificing a few of the smaller tasks, the risk will yield greater rewards.

You can get more done by staying focused. ISTOCK

Tear up your to-do list

To-do lists? Totally useless. In fact, these scraps of paper only aid us in completing mostly meaningless tasks.

"A to-do list has 20 to 30 things that are not important enough to remember otherwise, which is why we have to put them on a to-do list," scoffs Crabbe. "You don't put the stuff that's going to change your life. You could argue that the very act of doing to-do lists drives your attention away from the stuff that's really important."

Ignore your email

Email is a great communication tool; it's also incredibly distracting. Let's face it: Not every email needs a response — even fewer need a response ASAP. And if we are constantly fielding messages and requests, then we'll never come up that brilliant project, article or strategy.

"Deliberately play with not getting your inbox to zero," Crabbe suggests. "Compete with your colleagues about how many unopened emails you have." And leave your phone at home if you find the email alerts distracting.

As for those meeting invites that pop up? Ignore those, too. "How many times do we go to a meeting out of fear? If the meeting doesn't pertain to you, decline. What's the worst that can happen?"

Always have a 'because'

It takes cojones to skip a meeting or ignore an email from a client because you are busy creating. But if you offer concrete reasons for why you have shirked or put off certain activities, people might just respect you.

"I had a client get upset that I wasn't responding to his emails right away," says Crabbe. "So I called him up and said, 'Look, I only look at emails once or twice a day to allow me to focus and create. Otherwise, I can't get anything done.' And you know, he went from being slightly irritated to inspired."

RAQUEL LANERI/METRO IN NEW YORK

IN BRIEF

No benefit of the doubt for Netflix from protests over selective mat leaves

Netflix is getting jeered for excluding the employees in its DVD-by-mail service from a recently introduced benefit that gives up to a year of paid leave to most of its workers after the birth or adoption of a baby.

At least three online petitions posted by activist groups are urging Netflix to extend the baby benefit beyond the roughly 2,000 workers in the Internet-video service that generates most of its revenue.

Netflix has about 450 temporary, part- and full-time employees in its steadily shrinking but still profitable DVD division.

The protesting groups contend Netflix is unfairly favouring the mostly high-paid employees in its Internet video service over its lower-paid DVD workers.

Netflix says its DVD employees get bigger paychecks and better benefits than people in comparable jobs. THE ASSOCIATED PRESS

metro SPORTS
Your essential daily news

Lewis Hamilton won the Belgian Grand Prix to extend his F1 lead over teammate Nico Rosberg

De Grasse ties for bronze at world championships

TRACK AND FIELD

Markhamite excited to take next step in sprinting career

Andre De Grasse peered at the scoreboard, waiting and wishing, not knowing whether to frown or smile.

"So I just stayed straight faced," De Grasse said, laughing.

Several impossibly long moments later, the results popped up: De Grasse had tied for bronze in the 100 metres at the world track and field championships.

What the scoreboard didn't say: 20 years old. Just his third year of running track. And the first Canadian to win a medal — or even make the final — in track's marquee event since Bruny Surin raced to silver in 1999.

Either way, third or fourth, it would have been a remarkable performance in a season packed full of them for the sprint sensation from Markham.

"The future looks bright," De Grasse said. "Next year I can't wait to see what kind of training I'm going to do, and I can only get stronger from here. It's only my third year in track and to be on the podium with these guys, it's incredible right now."

His performance capped a three-medal day for Canada, as Brianne Theisen-Eaton won silver in the heptathlon, and Ben Thorne won a surprise bronze in the men's 20-kilometre racewalk.

> **"I knew it would be tough, but I knew he could do it if he really wanted to.**
> Caryl Smith-Gilbert, De Grasse's coach

But the day belonged to De Grasse, who finished in a dead heat with American Trayvon Bromell in a time of 9.911, taken to the nearest thousandth of a second via a photo finish.

Jamaica's world record-holder Usain Bolt won gold in 9.79 — .01 seconds faster than American veteran Justin Gatlin.

De Grasse has laid down one spectacular performance after another this season, sweeping the 100 and 200 at the NCAA championships, then repeating the feat at the Pan American Games in Toronto.

Only two Canadians — Surin and Donovan Bailey — had ever broken 10 seconds before De Grasse came along. He has done that six times this season, including running sub-10 in all three rounds here at the Bird's Nest Stadium.

Talking to reporters moments later, the young sprint star bounced back and forth excitedly, from one foot the other. Every answer to a question was followed with a laugh.

"Super surreal right now," he practically bellowed. "It feels like a dream. I actually got the bronze medal, and to end the season I had ... aw man."

THE CANADIAN PRESS

MORE ACTION

De Grasse will also run the 4x100 relay at the world championships but not the 200, the event in which he broke the Canadian record twice this season.

Usain Bolt, right, won gold in the 100 metres in a time of 9.79 in Beijing, Sunday. Andre De Grasse clocked in at 9.911. NG HAN GUAN/THE ASSOCIATED PRESS

IN BRIEF

De Jonge successfully defends world title

Canadian Mark de Jonge won gold in the K1 200-metre event at the ICF canoe sprint world championships on Sunday to defend his 2014 title.

Mark de Jonge
GETTY IMAGES FILE

De Jonge, an Olympic bronze medallist from Halifax, finished in 34.802 seconds.

Maxime Baumont of France placed second in 34.993 while Sweden's Petter Menning was third in 35.002.

THE CANADIAN PRESS

Wiggins leads Canucks to opening tournament win

Andrew Wiggins scored 18 points as Canada's men's national basketball team opened the 2015 Tuto Marchand Continental Cup with an 85-80 victory over Argentina.

Wiggins went 6-for-13 from the field with a pair of threes in his senior team debut while Anthony Bennett added 10 points and 13 rebounds.

"I thought it was a good, hard-fought game," said Wiggins. "It was physical, both teams played well. We've got a new group of guys so we're still coming together. You can see that we're getting more fluid with what we do."

THE CANADIAN PRESS

CFL

Argos ride wave of Waters' 4th-quarter field goals to victory

The Argos' Vidal Hazelton catches a touchdown pass against Jerrell Gavins of the Redblacks at Rogers Centre on Sunday.
MARK BLINCH/THE CANADIAN PRESS

Swayze Waters gave the Ottawa Redblacks the boot Sunday afternoon.

Waters kicked two crucial fourth-quarter field goals to earn the Toronto Argonauts a wild 30-24 win over Ottawa. Waters, back after missing six games with a knee injury, also had seven punts for a gaudy average of 50.6 yards and posted a 65.8-yard mark on four kickoffs.

Waters also made a hard tackle on Ottawa's Chris Williams on one punt return. Waters' performance earned him a game ball after the contest.

"Yeah, it felt good, being out six weeks was tough," said Waters, the CFL's top special-teams performer last season. "But it's great to jump back in playing with (his teammates) and getting the win."

Waters broke a 24-24 tie with a 34-yard field goal at 7:43 that was set up by Matt Black's smart play on Andrew Wilder's 33-yard punt.

Swayze Waters
TORSTAR NEWS SERVICE FILE

Black took the short kick in the air, resulting in a no-yards penalty that put Toronto at the Redblacks' 30-yard line.

Waters then hit from 36 yards out with 2:04 remaining. Henry Burris marched Ottawa from its 35 to the Toronto 30-yard line before being sacked on third down with 41 seconds to play.

Toronto (6-2) moved into a tie with Hamilton (6-2) atop the East Division standings.

Argos quarterback Trevor Harris was 21 of 31 passing for 266 yards and three TDs to go with a pick-six, which was his first interception in 152 pass attempts.

A gathering of 14,748 at Rogers Centre was Toronto's lowest home attendance since 2003.

THE CANADIAN PRESS

SUNDAY In Toronto

30	24
ARGOS	REDBLACKS

Jose Bautista went 3-for-5 with a home run and an RBI as Toronto took three straight wins on its trip to Southern California.
STEPHEN DUNN/GETTY IMAGES

Jays' offence reaches new heights vs. Angels

MLB

Toronto puts up 36 runs in series sweep

SUNDAY **In Anaheim**

BLUE JAYS	ANGELS
12	5

Winning knuckleballer R.A. Dickey called the Blue Jays' 12-5 victory on Sunday at Angels Stadium a family win, a community win, even his favourite win of the year.

It was an odd way to start his post-game briefing because, by and large, he had not pitched well. He was handed a one-run lead in the top of the first inning and then gave up five runs in the bottom as the Angels were shooting balls the opposite way, much as the Phillies had done in Dickey's previous start.

"I gave up a five spot in the first, which I can't ever remember a time in my big-league career where I've done that," Dickey said. "I was walking a tightrope of being pulled in my shortest outing ever as a big-leaguer. When I came in the dugout, everybody was still upbeat. There was no reason to pout. I look at things in terms of metaphor so much, it really felt like a family win. The guys are encouraging you and saying, 'Hey, we're going to get them back, don't worry.' They did."

The first-place Jays, on consecutive days, showed that they can go to the post with two different running styles that can both lead to victory. They can burst from the gate and go wire-to-wire as they did on Saturday, or they can stalk the lead, coming from well off the pace and closing teams out, blowing past an opponent when they looked bound to lose as they did on Sunday.

"We're relaxed, we're ready to hit when we're in the box, we're having good at-bats and everybody is on the same page, swinging at strikes, laying off bad pitches and really executing well one through nine," Jose Bautista said. "Everybody is contributing and with a lineup so deep like this, if 7-8-9 are getting on base, whoever is on the other side is going to have trouble shutting us down. It's fun, we hope to continue doing what we're doing and the last month has been that type of attitude where we feel like we can't lose any game."

While the Jays' usual suspect, Josh Donaldson, failed to drive in a run, Bautista was on fire, slamming his 29th home run in the fourth inning, a 430-foot bomb to centre field that cleared some boulders and a few palm trees and then disappeared in the rockpile. Edwin Encarnacion followed with his 24th, a line drive just over the fence down the left-field line. They both counted the same.

The Jays have come from well off the pace so many times this year, they show no fear in those situations, believing in the relentlessness of their offence to create enough runs.

"We scored 36 runs (in the series), so you have an offence that picked up the pitching," Dickey said. "When you can do that — when you have guys picking up other guys, you have a team that is able to pitch well when an offence isn't what they normally are, and an offence that picks up the pitching when the pitching isn't normally what it is — it can make for a special season."

The Jays moved back into first in the AL East with the win, a half game clear of the Yankees.

The Jays, who are off Monday, open a three-game set in Texas on Tuesday against yet another wild-card contending team.

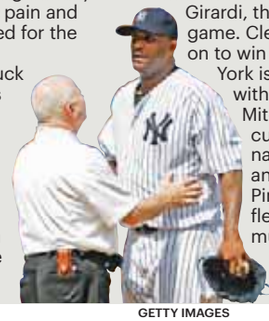
TORSTAR NEWS SERVICE

ANOTHER YANKEES ARM AILING

New York Yankees left-hander CC Sabathia exited in the third inning Sunday with right knee pain and could be headed for the disabled list.

Sabathia struck out Cleveland's Yan Gomes with a 91 mph fastball for the second out of the third. After the pitch, Sabathia stepped off the mound, visibly unhappy, and was visited by athletic trainer Steve Donohue and manager Joe Girardi, then left the game. Cleveland went on to win 4-3. New York is already without Bryan Mitchell (concussion and nasal fracture) and Michael Pineda (right flexor forearm muscle strain).

THE ASSOCIATED PRESS



GETTY IMAGES

PREMIER LEAGUE

Chelsea rights ship in West Bromwich

Pedro Rodriguez was signed by Chelsea to inject some life into the English champions after their lacklustre start to the season.

He took 20 minutes to do just that.

The Spain forward scored one goal and set up another, setting Chelsea on its way to a 3-2 win over West Bromwich Albion and a first win in its title defence.

"How many top players come to England and don't perform immediately," Chelsea manager Jose Mourinho said of Pedro, who joined for $33 million US from Barcelona. "People ask if he is the right player, can he adapt? ... It's very nice for him to perform the way he did."

> **"You see a team that are at their very, very best.**
> Everton manager Roberto Mancini on Manchester City.

Crisis averted for Chelsea, which opened with one point from two games, but there's still a way to go to catch Manchester City.

City earned its third straight win this season — and a club record-equalling ninth victory in a row — by beating Everton 2-0 thanks to second-half goals by Aleksandar Kolarov and Samir Nasri. With eight goals scored and none conceded, it is a bullish start by a team looking for a third title in five seasons.

THE ASSOCIATED PRESS

Chelsea signed Pedro away from Barcelona on Thursday.
MICHAEL REGAN/GETTY IMAGES

SOCCER IN BRIEF

Barcelona opens with win
Lionel Messi missed a penalty kick but Luis Suarez scored in the second half to give Barcelona a 1-0 win over Athletic Bilbao in its Spanish league opener on Sunday.

That gave the defending champion a small gap on Real Madrid right away, as Rafa Benitez started his stint in charge with a 0-0 draw at promoted side Sporting Gijon. THE ASSOCIATED PRESS

Galaxy cruise past NYCFC
Robbie Keane had two goals and two assists, and the LA Galaxy showed their championship form in a 5-1 win over New York City FC on Sunday.

Giovani dos Santos, Gyasi Zardes and Sebastian Lletget each had a goal and an assist as the Galaxy utterly dominated the high-profile meeting with New York.

THE ASSOCIATED PRESS

GOLF

Woods' season over with Love III's win

Davis Love III's long victory drought is over. Tiger Woods will have to wait a while for another chance.

Love won the Wyndham Championship on Sunday to become the third-oldest winner in PGA Tour history, while Woods' season came to an abrupt end.

The 51-year-old Love closed with a 6-under 64 for a one-stroke win over Jason Gore.

Woods needed a win to earn a spot in the FedEx Cup playoffs.

Davis Love III
GETTY IMAGES

He started just two strokes off the lead Sunday but he only had one birdie during his first 10 holes, dropping way off the pace with a triple bogey on the par-4 11th. Woods shot a 70, finished four strokes back and ended at No. 178 in the standings.

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PSYCHIC

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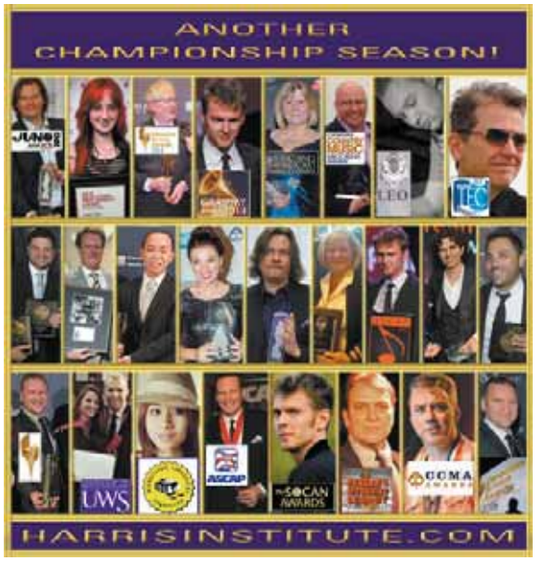

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RECIPE Heirloom Tomato, Nectarine and Feta Salad

EAT LIGHT AT HOME

Rose Reisman
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Heirloom tomatoes come in a variety of colours and shapes that have been passed down through the generations. Serves 6.

Ready in
Prep time: 10 minutes

Ingredients
- 2 ripe nectarines
- 2 yellow or green heirloom tomatoes
- 2 red field tomatoes
- 1/3 cup crumbled light feta cheese
- 1/2 cup pomegranate seeds (optional)

Dressing:
- 2 Tbsp olive oil
- 2 tsp finely grated lemon zest
- 2 Tbsp lemon juice
- 2 tsp honey

Garnish
- 3 Tbsp chopped basil

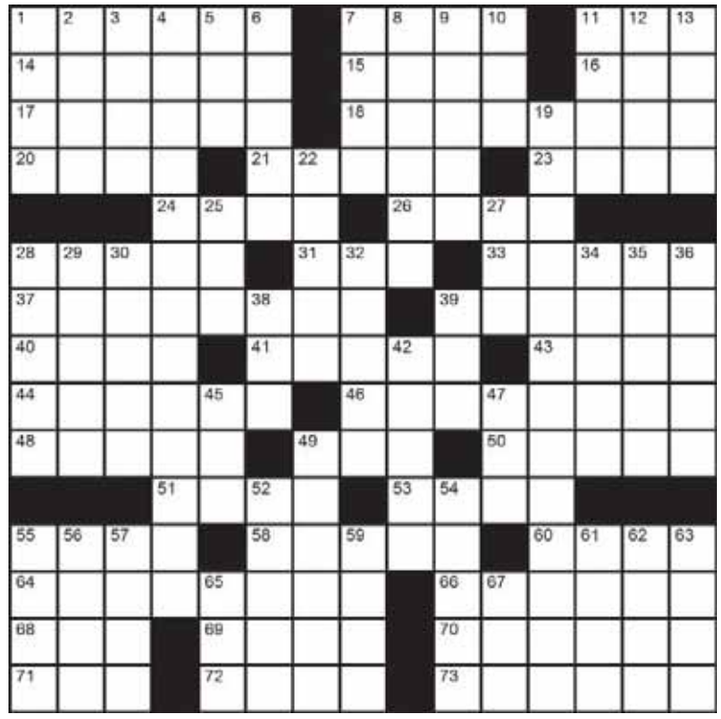
Directions
1. Slice nectarines into 1/2-inch wedges.
2. Slice all tomatoes into 1/2-inch horizontal pieces.
3. Add nectarines and tomatoes to serving platter. Add feta and pomegranate seeds, if using.
4. Combine ingredients for dressing, pour over top and garnish with basil.

Nutrition per serving
- Calories 100
- Protein 3 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 6 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 105 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Island where Nunavut's capital Iqaluit is located
7. Stephen King's dog-with-rabies book
11. DreamWorks ___ (Movie studio)
14. Checking e-mail
15. Receptive
16. Nautical rope
17. Dessert offering
18. Elevation
20. Shindig
21. Ms. Carter of "Designing Women"
23. Betting likelihoods
24. Itar-__ (Russian news agency)
26. Scuffle
28. Violin virtuoso Mr. Stern
31. Weekend day, for short
33. Do well in life: 2 wds.
37. Hysteria
39. Like overly liquefied sauce
40. Scream
41. It's not a nectarine, it's a what?
43. Dry
44. Goes under the beach game's stick
46. Canadian specialty channel that airs "Continuum"
48. Space distances, for short: 2 wds.
49. Pro bono TV spot [acronym]
50. Lynn __ (Judge on "Divorce Court")
51. Between harbours
53. Berth
55. Pad __ (Noodle dish)
58. Sugar cubes in the coffee
60. Kiln kind
64. Trachea
66. Dog breed
68. 'Meth' suffix
69. "Up and __ '__!" (Wake up time greeting)
70. Suggest
71. Queen __. _. (Toronto thoroughfare)
72. Mackerel variety
73. Orange juicer

DOWN
1. Exploding device
2. Crosswords buffalo
3. Winter bugs
4. Intertwined hairstyle often worn to one side: 2 wds.
5. Li'l lengths
6. Wants
7. Cajole
8. Raise spirits
9. Baseball great Derek
10. 'Pepper' suffix (Pizza topping)
11. Type of earring
12. Frances Shand __ (Princess Diana's mother)
13. Gollies
19. Compact car manufactured in Cambridge, Ont.: 2 wds.
22. Magazine installment
25. Horiz.
27. Classic range cooker company
28. Pastoral poem
29. Go to that movie: 2 wds.
30. Soap opera, "__ __ Children"
32. Collect
34. Savage
35. Originate
36. Actress Winona
38. Web ID addresses
39. UN public wellness agcy.
42. Victor
45. Old spy gr.
47. Intl. commerce group
49. The Prince and the __ (Mark Twain story)
52. Upper crust
54. Felix's roommate
55. Poetic contraction
56. Clue
57. Freshly
59. Office note
61. Grad
62. Show allegiance
63. Golfer when readying for play, say
65. B.C.'s ocean
67. Corrida call

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something you have always accepted as true is about to be revealed as, at best, a hoax and, at worst, a lie. You may never trust so-called "experts" again.

Taurus April 21 - May 21
You are dwelling on what is going wrong in the world instead of on what is going right, so it's no wonder you are unhappy. Worry less, smile more and take life as it comes.

Gemini May 22 - June 21
You may be having second thoughts about the direction your life is taking but now is not the time to make major changes. Stay on the path you have chosen. Things don't make sense, but they will eventually.

Cancer June 22 - July 23
The changes that occurred last week will inevitably have a knock-on effect, leading to changes in other areas. With luck planet Jupiter moving in your favour they should overwhelmingly be changes for the better.

Leo July 24 - Aug. 23
You seem to be on the defensive but there is no need. The overall cosmic picture is exceedingly good and will get even better. It'll get better quicker if you stop worrying so much.

Virgo Aug. 24 - Sept. 23
You are at odds with what those around you appear to believe but you must not change your opinions just to please them. You see something that everyone else has missed.

Libra Sept. 24 - Oct. 23
You may be in a panic and try to get everything done in a mad rush. Not only is that unnecessary but it could be counter-productive as well. Focus on one goal at a time.

Scorpio Oct. 24 - Nov. 22
Never doubt that you are heading in the right direction or that you will succeed. There may be times when you find it hard to keep your doubts at bay but you must. You have sacrificed too much to give up now.

Sagittarius Nov. 23 - Dec. 21
Some people may criticize you for refusing to change your ways but they will realize that you were right. It is your fixity of purpose that will bring you success.

Capricorn Dec. 22 - Jan. 20
There are certain people you would be wise to avoid. You know who they are and you know what is likely to happen if your paths should cross, so plan your route carefully!

Aquarius Jan. 21 - Feb. 19
You may be under pressure to get one task finished so you can start on another but don't rush. If you make a mistake you will have to go back to the beginning and start over.

Pisces Feb. 20 - March 20
Your head may be full of great ideas but make sure they are practical. If not you could be heading for disaster around the time of Saturday's full moon. Plan carefully and don't let your enthusiasm carry you away.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2				6	
		9			1			
	3	5						2
						2	7	9
	4			3			1	
6	5	7						
3						5	8	
			1			9		
	1				8			

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